

Student:			Test Date:		
Instructor:			Rank Tested For:		
Overseeing Instructor:			Total Score: P F		
BASIC ATTACKS (Score 1-3)	Before	Secured	Notes		
1. Left hand against right wrist, normal grip					
2. Left hand against right wrist, reverse grip with pull					
3. Right hand against right wrist, normal grip					
4. Right hand against right wrist, reverse, grip					
5. Two hands against one wrist from above, normal grip					
6. Two hands against one wrist from below, normal grip					
7. Two hands against two wrists before normal grip is secured					
8. Two hands against two wrists normal grip is secured					
9. Handshake					
10. Handshake with pull					
11. One hand lapel grab with pull, before secured					
12. Double lapel grab with intent to head-but or shake, before, secured					
13. Sleeve grab and pull, before, secured					
14. Sleeve grab and forward push					
15. Belt grab and forward pull, before, secured					
16. Hair grab before, secured					
17. Front bearhug over arms, before, secured					
18. Front bearhug under arms, before, secured					
19. Front headlock. before, secured					
20. Shove against chest or shoulders					
21. One hand choke, before, secured					
22. Two hands, choke, before, secured					
23. Down or side strike					
24. Reverse strike to the face					
25. Punch to the fac.					
26. Boxer getting ready to box					
27. Jab by boxer					
28. Direct kick					
29. Circular kick					
30. Front Tackle					
31. Overarm bearhug from behind, before, secured					
32. Underarm bearhug from behind					
33. Two Hands against two wrists from behind					
34. Elbow pin from behind, before, secured					
35. Nelson (full or half), before, secured					
36. Mugging attack					
37. Nape push					
38. Side headlock, before, secured					
39. Downward stabbing attack					
40. Side slash					
41. Knife thrust					
42. Attack with a knife from a distance					
43. Hold-up with a handgun at half-distance					
44. Hold-up with a handgun from a distance					
45. Gun whiplash to face					
46. Hold-up from behind (turning left and right)					
47. Downward attack with a chair					
48. Encirclement by several opponents					
49. Running attack from behind					
50. Attack while sitting on chair					
COMSEK 1 and/or 2 (30)					
Theory (30)					
Sparing (64)					
Stick [1-10], breakfalls, one/two hand grab, thrust (30)					
Choke on ground basic and advanced, hand hold down (20)					
Other:					